



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-7600**

ARMY BULLETIN NO. 28

5 May 2003

**AGR RETEST AND/OR MAKE-UP OF ARMY PHYSICAL FITNESS TEST AND
WEIGH-IN (J1)**

1. References:

- a. AR 350-1, Army Training and Education
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR Retest and/or Make-up APFT will be conducted on Friday, 18 0800 Jul 03. This date falls at the end of the 3 month window. The test will be administered at Building 3650 and APFT field/track located at 18th Street and Alabama, Fort Dix, NJ. All Personnel will report to Bldg 3650 for weigh-in, push-up and sit-up events. Alternate stationary bike event will also be administered at Bldg 3650. At the conclusion of the sit-up event all personnel required to take the 2-mile run, 2 ½ mile walk and alternate bike event (track) will report to the APFT Track at 18th St and Alabama. All individuals will report at 0800 for the ONLY APFT TO BE given on 18 Jul 03. All AGR soldiers will report for the APFT, who:

- a. Did not test on 18 Apr 03 (Make-up/Excused)
- b. Failed the 18 Apr 03 APFT* (Retest)
- c. Are coming off a temporary profile (Make-up)

*** Reference 1a above, para 1-21, d(5): "...commanders may allow soldiers to retake the test as soon as the soldier and the commander feel the soldier is ready. Soldiers without a medical profile will be retested not later than 90 days following the initial APFT failure."**

3. The inclement weather date for this event is 25 Jul 03.

4. APFT Schedule and Personnel Requirements: See Enclosure 1.

5. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [PFU] is authorized, however, any soldier wearing the new PFU is reminded that the new uniform cannot be mixed with the old PFU, including sweat pants).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the gray or new, black PFU shorts.

- b. Headphones are not authorized during the conduct of the test.
- 6. Report location is Bldg **3650**, 0800 hours, in PFU uniform.
- 7. Administrative Requirements for each MSC and G-Staff Section:
 - a. A roster of any requested excusals will be forwarded to this HQ ATTN: J1 - AGR Manager, LTC Chimienti, NLT 8 Jul 03.
 - b. Temporary and/or Permanent Profiles since **18 Apr 03** will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the **J 1, ATTN: LTC Chimienti, retains copies of profiles and the DA Form 705 for each AGR soldier.**
- 8. Taskings for events and equipment support.
 - a. G3 schedules, procures, and clears APFT Track for the event. Provide 15 clipboards, 4 stopwatches, 4 road vests, and 125 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Schedule APFT site for 18 Jul 03 and 25 Jul 03 if event is postponed due to inclement weather. Provide two stationary bicycles with ergometers, mats for push-up/sit-up events at Bldg 3650 and two track bicycles at the APFT track. Provide large digital finish line timing clock.
 - b. G4 provides water with cups at Bldg 3650 and the APFT track, three scales and tape measurers for height/weight verification in drill hall, Bldg 3650.
 - c. G6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.
 - d. NJARNG Medical Det provides 2 medical personnel to support APFT and screen profiles at Bldg 3650 and APFT Track.
- 9. Taskings for Site Support:
 - a. Headquarters, STARC provides 10 FTSF soldiers for weigh-in, height verification, and tape test. Ensure at least two (2) female soldiers are present to tape female soldiers. The G-3 will provide the OIC and NCOIC, and has tasking authority for STARC HQs. Provide computer hardware and software necessary to print tape test results, and set-up Bldg 3650 for the event no later than 17 1600 Jul 03. A test copy of the DA Form 5500 or DA Form 5501 must verify that the computer and printer are compatible and provide the DA Forms in proper format.
 - b. T3BL provides 12 FTSF soldiers with OIC/NCOIC for APFT event scoring, administration and includes the warm-up formation.
 - c. USP&FO provides 4 FTSF soldiers for APFT administration, checking in testing personnel, passing out vests, performing road guard duties (during the Run/Walk/Bike phase). These 4 personnel will report to the T3BL OIC.

10. Coordinating Instructions:

a. APFT support OIC's and G-Staff will back brief their support plans to the G3 on 11 Jul 03 in the Main Conference Room, Bldg 3650.

b. The drill floor at HQ, NJNG will be set up NLT 17 1600 Jul 03.

c. Scales will be calibrated at the time they are set up on the drill floor.

11. All requests for excusal from this event will be in writing, through the chain of command to the Chief of Staff.

12. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:

GLENN K. RIETH
Brigadier General, NJARNG
The Adjutant General



FRANK R. CARLINI
COL, GS, NJARNG
Chief of Staff

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2 Encls

1. Schedule and Personnel Requirements
2. Roster Format for AGR Soldiers

APFT SCHEDULE

PERSONNEL

All Personnel Taking Test

REPORT TIME

0800, 18 Jul 03

SUPPORT PERSONNEL REQUIREMENTS

<u>MAJOR COMMAND/UNITS</u>	<u>DATE/TIME</u>	<u>PERSONNEL</u>	<u>LOCATION</u>
T3BL	18 Jul 03/0700	12	Bldg 3660
HQ, STARC	18 Jul 03/0700	10	Bldg 3650
USP&FO	18 Jul 03/0700	4	Bldg 3650
NJARNG Medical Det	18 Jul 03/0700	2	Bldg 3650

- FTSF soldiers are required for APFT support. Soldiers must have a current APFT, and meet height/weight standards of AR 600-9 to perform the duty. Uniform is BDU for testers and support personnel.

Encl 1

AGR APFT ROSTER (Unit and MSC)

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic Event & Profile Info</u>
			<u>PU</u>	<u>SU</u>	<u>Run</u>	
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JAMES	CO C 250 SIG	X	X		Bike (Track)-Age 56
SFC	SMITH, ALLEN	2-102 AR		X	X	Perm Profile (12 Jan 1999)
2LT	JONES, WILLIAM	HHC 5-117 CAV				Temp Profile (Exp 20 Oct 02)
SSG	KIDDEN, U. GOTTA	3-112 FA	X	X		Bike (Stationary)-Perm Profile (17 May 01)
MAJ	MAJOR, MAJOR	1-114 IN		X		Walk-Perm Profile (27 Oct 00)
SSG	O'DOLLY, HILL	CO C 2/113	X	X	X	

X – Indicates soldier takes the APFT event

Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)

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